## SHUTTLE MENU STS-121

## STEPHANIE WILSON, MS-3 (ORANGE)

Meal	Days 1* & 13**	Day 2	Day 3	Day 4
A	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Pineapple (T) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Fruit Cocktail (T) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Granola w/ Raisins (FF) Strawberries (R) Orange Juice (B) Kona Coffee w/ C & S (B) x2	Scrambled Eggs (R) Sausage Pattie (R) Trail Mix (IM) Granola w/ Raisins (FF) Granola Bar (NF) Orange Juice (B) Kona Coffee w/ C & S (B) x2
В	Rice Pilaf (R) Trail Mix (IM) Peaches (NF) Shortbread Cookies (NF) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Minestrone Soup (T) Asparagus (R) Pineapple (T) Cashews (NF) Dried Apricots (IM) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)	Beef Stew (I) Corn (R) Peaches (I) Macadamia Nuts (NF) Orange-Pineapple Drink (B) Kona Coffee w/ C & S (B)	Rice & Chicken (R) Grilled Pork Chop (T) Candied Yams (T) Pineapple (T) Cashews (NF) Dried Peaches (IM) Orange-Mango Drink (B) Kona Coffee w/ C & S (B)
С	Dried Beef (IM) Crackers (NF) x3 Fruit Cocktail (I) Corn (R) Vanilla Pudding (I) Pineapple Drink (B)	Grilled Chicken (T) Tomatoes & Eggplant (T) Tortilla (FF) Rice Pilaf (R) Brownie (NF) Peach-Apricot Drink (B)	Teriyaki Chicken (R) Green Beans w/ Mushrooms (R) Candied Yams (T) Shortbread Cookies (NF) Tropical Punch (B)	Chicken Fajitas (T) Tortillas (FF) x2 Italian Vegetables (R) Strawberries (R) Brownie (NF) Pineapple Drink (B)

- \* Day 1 consists of Meals B & C only
- \*\* Day 13 consists of Meal A only
- B- Beverage
- FF- Fresh Food
- I- Irradiated
- IM- Intermediate Moisture
- NF- Natural Form
- R- Rehydratable
- T- Thermostabilized

Meal	Day 5	Day 6	Days 7 & 10	Day 8
A	Scrambled Eggs (R)	Scrambled Eggs (R)	Scrambled Eggs (R)	Scrambled Eggs (R)
	Sausage Pattie (R)	Sausage Pattie (R)	Sausage Pattie (R)	Sausage Pattie (R)
	Granola w/ Raisins (FF)	Fruit Cocktail (T)	Granola w/ Raisins (FF)	Trail Mix (IM)
	Granola Bar (NF)	Granola Bar (NF)	Strawberries (R)	Granola Bar (NF)
	Orange Juice (B)	Orange Juice (B)	Orange Juice (B)	Orange Juice (B)
	Kona Coffee w/ C & S (B) x2	Kona Coffee w/ C & S (B) x2	Kona Coffee w/ C & S (B) x2	Kona Coffee w/ C & S (B) x2
В	Vegetarian Vegetable Soup (T)	Minestrone Soup (T)	Beef Stew (T)	Vegetarian Vegetable Soup (T)
	Dried Beef (IM)	Asparagus (R)	Corn (R)	Dried Beef (IM)
	Shrimp Cocktail (R)	Pineapple (T)	Peaches (T)	Shrimp Cocktail (R)
	Fruit Cocktail (T)	Cashews (NF)	Macadamia Nuts (NF)	Fruit Cocktail (T)
	Banana Pudding (T)	Dried Apricots (IM)	Orange-Pineapple Drink (B)	Banana Pudding (T)
	Orange-Pineapple Drink (B)	Orange-Mango Drink (B)	Kona Coffee w/ C & S (B)	Dried Peaches (IM)
	Kona Coffee w/ C & S (B)	Kona Coffee w/ C & S (B)		Pineapple Drink (B)
				Kona Coffee w/ C & S (B)
С	Beef Steak (I)	Grilled Chicken (T)	Teriyaki Chicken (R)	Chicken Fajitas (T)
	Rice Pilaf (R)	Carrot Coins (T)	Green Beans w/ Mushrooms (R)	Tortillas (FF) x2
	Tortilla (FF)	Tortilla (FF)	Candied Yams (T)	Rice Pilaf (R)
	Carrot Coins (T)	Rice Pilaf (R)	Shortbread Cookies (NF)	Strawberries (R)
	Almonds (NF)	Brownie (NF)	Tropical Punch (B)	Macadamia Nuts (IM)
	Peach-Apricot Drink (B)	Peach-Apricot Drink (B)		Orange-Mango Drink (B)

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## Days 9 & 12 Meal Day 11 Α Scrambled Eggs (R) Scrambled Eggs (R) Sausage Pattie (R) Sausage Pattie (R) Granola w/ Raisins (FF) Trail Mix (IM) Granola Bar (NF) Granola Bar (NF) Orange Juice (B) Orange Juice (B) Kona Coffee w/ C & S (B) x2 Kona Coffee w/ C & S (B) x2 Rice & Chicken (R) Vegetarian Vegetable Soup (T) В Grilled Pork Chop (T) Shrimp Cocktail (R) Peaches (T) Fruit Cocktail (T) Brownie (NF) Cashews (NF) Orange-Pineapple Drink (B) Vanilla Pudding (T) Kona Coffee w/ C & S (B) Dried Apricots (IM) Pineapple Drink (B) Kona Coffee w/ C & S (B) Beef Steak (I) C Chicken Fajitas (T) Tomatoes & Eggplant (T) Tortillas (FF) x2 Tortilla (FF) Italian Vegetables (R) Candied Yams (T) Strawberries (R) Almonds (NF) Orange-Mango Drink (B) Tropical Punch (B) B- Beverage FF- Fresh Food I- Irradiated IM- Intermediate Moisture NF- Natural Form

R- Rehydratable T- Thermostabilized